

As Australians, we are fortunate to enjoy one of the highest life expectancies globally. With society increasingly recognizing the connections between a healthy lifestyle, nutritious eating, ageing well, and personal wellbeing, we are witnessing a remarkable improvement in quality of life. Many older Australians now have the ability to maintain their independence and live at home for extended periods.

The statistics surrounding our ageing population significantly affect all Home Support Services, including Cootamundra Meals on Wheels. Many of you have noticed the rise in the number of deliveries in our hot meal programs.

Cootamundra Meals on Wheels is immensely grateful for the commitment and generosity of our volunteers, who play a crucial role in meeting this growing demand. Your ongoing support enables vulnerable members of our community to access healthy, nutritious meals while remaining in their homes and actively engaging in our local community.

Additionally, the service organizes a monthly social outing, providing older individuals an opportunity to enhance their overall health and wellbeing. This initiative helps prevent social isolation by keeping our seniors socially engaged, active, and connected, while fostering friendships.

We are actively seeking more volunteers to join our team, assisting with both Social Support outings and Hot meal deliveries. If you know someone who might be interested, please encourage them to contact our friendly staff on 6942 4695 for further information.

**More
than just
a meal**

CARING FOR THE CARERS

We are very excited to announce that Cootamundra will soon have a CARERS Support Group who will meet locally each month. Meals on Wheels will provide more information once the details have been finalised.

In the meantime, if you are a Carer or know of someone who is and would benefit from some emotional and

practical support, you may be eligible for assistance through the Carer Gateway.

The Carer Gateway is an Australian Government program providing free services and support for Carers through: **Peer Support groups and Tailored Support Packages**, which include- services or equipment, planned respite, cooking & cleaning services, assistance with shopping, transport, **in-person & phone counselling** and **access to emergency respite** – if you suddenly find you can't provide care because of illness or injury.

To see if you are eligible visit their website carergateway.gov.au or **ph: 1800 422 737 between 8am – 5pm.**



BE ALERT FOR SCAMS

Despite a decrease in the total losses attributed to scams, many people in our community continue to be the target of illegal activity. According to the

Australian government's ScamWatch, scam losses reported to key organisations fell by 25.9 per cent to \$2 billion in 2024.

ACCC Deputy Chair Catriona Lowe said while the figures are heading in the right direction, people need to remain vigilant because scams can lead to more than just financial loss.

"We know that the impact on scam victims and families is all too often life changing, and scams can have negative effects on relationships, mental health and well-being," said Ms Lowe.

TOP TIPS TO AVOID SCAMS

STOP. Don't give money or your information to anyone if unsure. **CHECK.** Ask yourself if the message or call is fake. Contact the business on a number you source independently. **PROTECT.** Act quickly if something feels wrong. Contact your bank immediately if you notice unusual activity or if a scammer gets your money or information. If someone knocks on your door, ask them to verify their identity, and if you are still unsure, don't let them in!!



**TUESDAY 17th JUNE
VOLUNTEER TRAINING
INVITATION ATTACHED**

SAFETY ADVICE

In the unfortunate event that you are ever involved in an accident while volunteering for Meals on Wheels, know that we are not going to leave you high and dry.

We engage the services of a group called Community Underwriting to protect our valuable staff and volunteers. Community Underwriting was formed in 2014 and is Australia's largest insurance provider for the Not for Profit sector. Community Underwriting insures a broad range of charities, not for profit and community organisations!

If you are involved in an accident, please stay calm. Contact Meals on Wheels on



6942 4695 or 0491 250 201 and let us know what happened and record your incident.

We can arrange for the meals to be collected and delivered, so you don't have to worry about continuing the run.

Once we know how the accident happened we can then advise you on the best way forward. But essentially, if you have motor insurance, you should first file a claim through your insurer.

We will then reimburse your out-of-pocket expenses as per our policy. However, if the vehicle is not insured, you may obtain a quote from a repairer of your choice and the out-of-pockets expenses will be covered by Meals on Wheels (as per our policy).

**VOLUNTEERS
ASKED TO
HAVE THEIR
SAY**

**WE WANT YOUR
FEEDBACK!**

Cootamundra Meals on Wheels is once again asking you to have your say on the service we provide to our clients and our community.

Included in your pack, is a volunteer survey that we are asking you to complete.

Remember, we don't know what we don't know, so if you have some time to fill it in, we would appreciate it very much.

You may have some feedback on what we do well, what areas we may need to improve on or even some suggestions on how to make the service better.

Your feedback, good and bad, is important to us!!

Texting FOR Seniors

BFF - best friend fell
BTW - bring the wheelchair
TTYL - talk to you louder
BYOT - bring your own teeth
LMDO - laughing my dentures out
FWIW - forgot where I was
IMHAO - is my hearing aid on?
OMMR - on my massage recliner
ROFLACGU - rolling on the floor laughing and can't get up



PROTECT YOURSELF AGAINST COVID

COVID 19 Outbreaks continue to happen in the community, and with flu season also upon us, we are asking volunteers to remain vigilant against illnesses in a bid to protect yourself and our clients. Washing your hands, keeping up-to-date with vaccinations for COVID AND the flu and wearing a mask in public can all help reduce your risk.

All the volunteer baskets contain masks, sanitiser and wipes so feel free to avail yourself of these preventative measures while delivering meals. If you do become COVID positive, please call us ASAP so we can arrange a replacement for you.

Vaccines are available at the Cootamundra medical centre on 6942 0222 or speak to your local pharmacist.